

# RECExpress

Winter 2007

Herndon Community Center 814 Ferndale Avenue, Herndon, Virginia 20170 • 703-787-7300 • www.herndon-va.gov



The RecExpress highlights just a few of the outstanding programs and events offered by the Herndon Parks and Recreation Department.

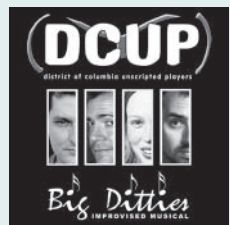
To discover all the programs and events we offer, view our Winter Quarterly Brochure at [www.herndon-va.gov](http://www.herndon-va.gov) or stop by the Herndon Community Center for a copy.

## Cultural Arts Series

Saturday, February 24, 2007

8-9pm

DCUP presents Big Ditties – A Musical Improv



DCUP (The District of Columbia Unscripted Players) presents "Big Ditties", a fully improvised musical comedy.

From the plot and characters to the dialogue and lyrics, this made-up musical will amaze and delight all audiences. "Big Ditties" has been performed at comedy and improv festivals around North America, including San Francisco, Toronto, and DC. DCUP recently won the DC Comedy Fest's Improv Rumble, and also won the Battle of the Comedy at the DC Improv.

All performances held at:

Industrial Strength Theatre,  
269 Sunset Park Drive, Herndon

Tickets: Adults \$9-Advance/\$10-Door

Children 12 & Under:  
\$7-Advance/\$8-Door

Activity Code: 2441.083



## Herndon Parks and Recreation Department Preschool

### Preschool Open House for 2007-2008 School Year

Thursday, February 8, 2007  
2-4pm

- \* Meet the staff
- \* Registration begins at 2pm
- \* Priority to TOH residents

Our state licensed Preschool is held in the **newly renovated** Herndon Community Center with 1000 sq. ft. of space, a private restroom, and play area.

Your child will benefit from our planned activities in **art, crafts, music, games, special projects, and field trips.**



### September – June

		TOH/NR
<b>Ages 3-4</b>	Tues/Thurs, 9am-Noon (must be 3 by September 30, 2007)	\$950/\$1140
<b>Ages 4-5</b>	Mon/Wed/Fri, 9am-Noon Mon/Wed/Fri, 1-4pm (must be 4 by September 30, 2007)	\$1205/\$1446 \$1205/\$1446

In-person registration required. \$75 non-refundable deposit and child's birth certificate or passport are due at time of registration. Fees are payable on an established payment plan.



## Children's Performing Arts Series

Lisa Polinori

### ONE-WOMAN WHEELIE WITTY WACKY SILLY SUITCASE CIRCUS

Monday, February 19, 2007, 10:30am

A fast-paced, one-woman circus. The Unicycle Lady transforms herself into a broad array of circus performers by the change of a hat and tune including mime, magician, clown, animal tamer, dancer, unicyclist, acrobat, juggler, and more.

Whether balancing atop a 6-foot unicycle while juggling and spinning a plate in her mouth, or dancing elegantly on one wheel with the grace of a ballerina, it's the audience participation routines that make this a hilarious and breathtaking performance.



All performances held at: Phoenix Worldgate Movie Theatre,  
Worldgate Drive, Herndon

Tickets: \$4-Advance/\$5-Door

Activity Code: 2441.086



## TEEN FRIDAY NIGHTS

Middle School Students ONLY

Here's your chance for exclusive use of the Teen Room and Game Room and of course, room to dance and mingle with friends on Teen Friday Nights at the Herndon Community Center.

February 23, 8:00-10:30pm  
\$4/advance\* \$5/at door\*\*

\*Tickets will be sold at the Herndon Middle School the Thursday and Friday before.

\*\*Must present school ID or have a parent present when purchasing admission at the door.

# Aquatics

## Senior Swim Time

Seniors can visit the pool for a reduced rate of \$2 all day on Tuesdays.

## Water Workout

Our Water Exercise program offers classes, 6 days a week, morning and evenings. There are a variety of classes and times to allow you to fit exercise into your busy schedule.

## Interested in a Learn-to-Swim Class?

Mini Sessions start in mid-February. Call 703-787-7300 for availability.

**Come and play with the floating submarine or slide on weekends from 1-4pm!**



## Lifeguarding Training Class

**Ages 15 & up**

This class trains and certifies American Red Cross lifeguards. It is the most comprehensive course to date and includes rescue techniques, First Aid, and CPR/AED for the Professional Rescuer. Students must be 15 years old by the first day to be eligible to enroll. Participants must also pass a pre-course swimming test to remain in the course. The pre-course test includes a 500 yard continuous swim consisting of 200 yards of freestyle, 100 yards of breaststroke, and 200 yards of either freestyle or breaststroke; swimming 20 yards to retrieve a 10-pound brick from a depth of 12 feet of water, and returning 20 yards with the brick swimming on back using legs only. Students must attend all class sessions to pass this course!



**1, 2 hour and 6, 8 hour sessions**

Class	Day	Time	TOH/NR
3051.601			\$180/\$225
Apr. 7	Sa	10:30am-12:30pm	
Apr. 9-14	M-Sa	9am-5pm	

# Just for Kids

## FUN IN THE BUBBLE

These classes are held in the Bready Park Indoor Tennis Center

## Parent/Child Fun and Games

– Ages 2 & 3

This program brings parents, children, and sports together in an organized environment. With help from the instructor, parents work with their children to help them learn the basic motor skills necessary to participate in sports. This program teaches the child to kick, throw, bat, and catch without competition or fear of getting hurt. You must provide equipment for both the parent and child (one session each of baseball/softball, soccer, tennis, and a play week). The first week is soccer skills.

**4, 45 minute sessions**

Class	Day	Time	TOH/NR
<b>February 10-March 10</b>			
3724.303	Sa	8-8:45am	\$27/\$33

## Special Interest

### Kidsit Babysitting

**Certification – Ages 11-15**

Geared toward young students who want to become good babysitters. Course topics include: babysitter's rights and responsibilities, child development, baby care, toys, and games, first aid, how to handle emergencies, and CPR. Each babysitter will receive a babysitting kit including a Kidsit Manual, CPR book, Kidsit certification and CPR completion card. Please bring a lunch.

**1, 6 hour session**

Class	Day	Time	TOH/NR
<b>February 10</b>			
3620.003	Sa	10am-4pm	\$48/\$48
<b>March 10</b>			
3620.004	Sa	10am-4pm	\$48/\$48

## Fitness Services

The Fitness Room and services have been improved to help you improve yourself. Services now include:

- **Personal Training** – try a one time session to weekly sessions
- **Fitness Room Orientation**
- **Body Composition Testing**
- **Exercise Program Design**
- **Fitness Assessment and Evaluation**
- **Increased child care options in our Kid Care program**

## Kiddie Open Gym – Ages Walking-5

It's BACK! Bring your toddler and enjoy open play, tumbling on the mats, and kiddie basketball. This is a great way to socialize your children. Kids can run and exercise in a room to themselves. An adult **MUST** accompany children. Pick up a schedule on the first day. With every visit, your child gets a prize!

**16, 1 hour sessions**

Class	Day	Time	TOH/NR
<b>On-going-March 1</b>			
3510.202	T/Th	1:30-2:30pm	Drop in Fee \$4/\$4 \$35-10 Visit Pass



## Kid's Night Out – Ages 5-12

Need a date night? Enjoy an evening on your own while your children enjoy a night of fun. Big-screen TV with PG/G movies, gym games, board games, and much more! Let us provide you with a safe environment for your child and a peaceful night for you. Children will be supervised at all times. Dinner & snacks will be served. Limited space available.

Class	Day	Time	TOH/NR
<b>February 2</b>			
3620.502	F	6:30-10pm	\$10/\$10
<b>February 16</b>			
3620.503	F	6:30-10pm	\$10/\$10

## SUPER SHOOTER BASKETBALL CONTEST

Sponsored by Herndon Parks & Recreation

**Sunday, March 4, 1:15pm**

**Herndon Community Center**

**Registration:** 12:15-1:00pm

**Age Groups:** Girls 9-10; 11-12; 13-14; 15-17  
Boys 9-10; 11-12; 13-14; 15-17

**Ages 9-10 & 11-12**

-15 foul shots attempted – 1 point per made shot. Most points wins.

**Ages 13-14 & 15-17**

-12 foul shots attempted – 1 point per made shot  
-5 three point shots attempted – 2 points per made shot. Most points wins.

Awards to top three finishers in each age group. Anyone interested in volunteering, please come to the Herndon Community Center at 11:40am.

**3764.202**  
**Fee: FREE!**





## Little Nature Inspector

Ages 4-6

The Little Nature Inspector program is a "hands on" approach to teaching environmental education to young children. Every Little Nature Inspector class includes child-safe experiments, and plenty of "take homes" to reinforce each lesson. Each class is designed to increase the child's imagination, curiosity, and exposure to our natural world and our web of life.

Meet at the Herndon Community Center

### 3, 1 hour sessions

#### Snow & Weather, Hibernating Animals, Identifying Trees in Winter

Class	Day	Time	TOH/NR
February 6, 13, 20			
3761.005	T	5-6pm	\$40/\$40

## Natural Aromatherapy

Ages 16 & up

Plants have long been used for healing and well being. Aromatherapy uses scents of herbs and flowers to heal, soothe, and relax the body and soul. Make your own herbal tea, bath, or essential oil in class.

Meet at the Herndon Community Center

### 1, 1.5 hour session

Class	Day	Time	TOH/NR
February 24			
3761.009	Sa	10-11:30am	\$15 per family

## Animal Sounds of the Forest

- Families, all ages

What kind of sounds do animals make? What do animals say to each other? Join us for a nighttime stroll through the park as we listen for those animals that live in the forest, and learn what they say to each other.

### 1, 1.5 hour session

Class	Day	Time	TOH/NR
March 9			
3761.010	F	7-8:30pm	\$12 per family

## Spring Begins - Walking Stick Workshop

- Families, all ages

If you enjoy hiking throughout Runnymede Park or hiking in general, come and create a walking stick...just your size. We will hunt for and gather our walking stick in Runnymede Park. We will also personalize our walking stick with feathers, paint, and natural treasures. Walking sticks have been used for generations to ease stress on the knees, point out natural features, avoid wildlife, and for just plain fun!

### 1, 1 hour session

Class	Day	Time	TOH/NR
March 10			
3761.011	Sa	10-11am	\$8 per family



## Beginning Origami for Kids

- Ages 6 & up

If your child has ever asked you to figure out an origami diagram or make a paper crane, this is the perfect class for them to learn origami for themselves. Children will learn how to fold 5-8 different popular origami shapes using standard origami paper of all sizes. Samples, instruction sheets, and practice origami paper will be provided at the end of the class for at home practice. Great outing for scout troops. A \$2 materials fee will be collected at time of class, payable to instructor.

### 1, 1 hour session

Class	Day	Time	TOH/NR
February 28			
3655.004	W	4-5pm	\$18/\$18

## Origami Notecards

- Ages 16 & up

Learn to make beautiful, one-of-a-kind origami notecards. Attendees will learn history of origami, fold simple origami pieces, and create four handmade notecards, incorporating collage, rubber stamping and paper layering. We will view sample pieces, artwork, and instruction books, and have a Q&A session. Students will receive a take-home kit with instructions and origami paper. A \$2 materials fee will be collected at class, payable to instructor.

### 1, 1 hour session

Class	Day	Time	TOH/NR
February 28			
3655.003	W	5-6pm	\$18/\$18

## Trips



## Bye, Bye, Birdie

- Ages 55 & up

Come with Herndon Parks & Recreation to the Riverside Dinner Theatre in Fredericksburg, Virginia, to see a classic! Memories of Elvis spring to life as Conrad Birdie, in his prime as a teen-idol rock 'n roll singer, is about to be inducted into the army. His agent, mild-mannered Albert Peterson, along with Albert's faithful secretary, Rosie Grant, concoct a final publicity stunt to have him bestow a good-bye kiss on a typical American teenage girl. Trip includes transportation by motor coach, driver, escort, buffet lunch, and theatre ticket. **No refunds.**

Class	Day	Time	TOH/NR
February 7			
3850.203	W	9:30am-6pm	\$70/\$70

## Rubber Stamping/Card Making

- Ages 15 & up

Join Julie Saylor for an evening of card making. Students will learn and utilize basic rubber stamping techniques to make 5 unique cards - please note the theme of each class by the class title. Additional sentiments will be provided, so sentiments can be interchanged for personal need. Students will go home with a multi-piece themed all occasion stamp set so they may make unlimited cards. Students should bring: fine detail scissors, glue stick, and mono adhesive or double sided tape to class. \$30 supply fee per class payable to instructor for multi-piece stamp set.

### Coffee, Cocoa, Hot Drink Themed Cards

#### 1, 2 hour session

Class	Day	Time	TOH/NR
February 21			
3065.004	W	6:30-8:30pm	\$20/\$20

### Spring Themed Cards

#### 1, 2 hour session

Class	Day	Time	TOH/NR
March 21			
3065.005	W	6:30-8:30pm	\$20/\$20

## TEEN SCENE

The HCC Teen Room is dedicated to middle school students every weekday afternoon from 2:30 - 6 pm. It is easy to join in - purchase a \$15 pass. For more information, call 703-787-7300.

## National Cathedral & High Tea

- Ages 55 & up

Where else can you see Joan of Arc and Eleanor Roosevelt in one place? Women of great influence are to be found in the statuary, needlepoint, and stained glass of the cathedral. Hear their tales and look upon the faces and symbols of these revolutionary thinkers, visionaries, and saints. After the tour, you will enjoy a high tea at the Pilgrim Observation Gallery.

12:15pm	Depart Herndon Community Center
1:30pm	Tour of Women in Glass & Stone
2:45pm	High Tea in the Pilgrim Observation Gallery
4:30pm	Depart

Trip includes driver, escort, transportation by 15-passenger van, high tea, tour guide, and tour. Only 26 spaces available. *No refunds after February 16.*

Class	Day	Time	TOH/NR
February 27			
3850.201	T	12:15-5:30pm	\$30/\$30





Town of Herndon Parks and Recreation Department  
P.O. Box 427, Herndon, VA 20172

703-787-7300  
www.herndon-va.gov

PRST STD  
US Postage

**PAID**

Herndon, VA  
Permit No. 280

*"Promoting a sense of community and  
enriching the quality of life."*

## ECRWSS Residential Customer

### Herndon Community Center – newly renovated

#### Now Featuring:

- Expanded fitness room with new equipment
- 3 racquetball courts
- 25-yard indoor heated pool, spa, & sauna
- Full-size gymnasium
- All new meeting spaces and classrooms
- Personal training
- 3 lighted & 3 indoor tennis courts
- Classes galore - land and water fitness, swimming, tennis, yoga, dance, art, childcare, and much more.

#### New! Better Benefits

- Daily admission & admission passes now include select land aerobic classes
- Receive a 10% discount on class registration fees if you are an annual pass holder
- Receive three complimentary sessions with our personal fitness trainer if you are an annual or six-month pass holder

**No Initiation Fees or Contracts • Flexible Admission Passes**



**Enjoy the Improved  
Fitness Room...  
larger and more spacious  
than ever before!**

- **NEW** cardio equipment—treadmills, elliptical trainers, bikes, and a rowing ergometer machine
- **NEW** free weights and multi-use benches, an Olympic bench, smith machine, and cable crossover machine
- Cybex Equipment, with **NEW** additions to the circuit
- 4 Flat Panel TV's with BroadcastVision™ FM Wireless Entertainment System, stretching mats, and **MUCH MORE!**

Come meet our Fitness Specialist, Liz Judge, who will be your guide on the path to better physical fitness!

## Cooking

### Book and Cook – Ages 5-7

#### Chicken Soup with Rice

Make a delicious chicken soup, and enjoy Maurice Sendak's book Chicken Soup with Rice.

#### 1, 45 minute session

Class	Day	Time	TOH/NR
February 19			
3120.016	M	4-4:45pm	\$15/\$15

### Youth Cooking Class

#### Wok and Sauté – Ages 11-14

Prepare and enjoy two fast, easy, and healthy seafood and chicken entrees.

#### 1, 1 hour session

Class	Day	Time	TOH/NR
February 26			
3120.017	M	4-5pm	\$20/\$20

### ADULT COOKING CLASSES WITH CHEF SANDY AMATO

#### Chocolate, Chocolate, Chocolate – Ages 16 & up

Truly a class for the Chocoholic or for making special Valentine's Day treats. We'll make truffles, flourless chocolate torte, and decadent brownies. Simple decorating techniques will take your desserts right over the top.

#### 1, 2 hour session

Class	Day	Time	TOH/NR
February 7			
3645.017	W	6:30-8:30pm	\$52/\$52

**Try one of our many cooking  
classes in the larger and newly  
renovated kitchen.**

